

Simply Delicious



# Chicken Cordon-Bleu

**INGREDIENTS:** Boneless Chicken Breasts, Cooked Ham with Natural Juices (Cured with Water, Salt, Dextrose, Hydrolyzed Soy Protein, Brown Sugar, Sodium Phosphate, Corn Syrup Solids, Sodium Erythorbate, Sodium Nitrite), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt and Enzymes), Parsley, Paprika. **Contains Allergens: Soy, Milk.**

Cut & Packed by Weis Markets, Sunbury, PA 17801

**KEEP REFRIGERATED**

Serving  
Suggestion



## Chicken Cordon-Bleu

### Nutrition Facts

Serving Size 8 oz (227g)  
Servings Per Container varied

**Calories 420**  
**Fat Cal. 230**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV *	Amount/Serving	%DV *
<b>Total Fat</b> 25g	<b>38%</b>	<b>Sodium</b> 180mg	<b>7%</b>
Saturated Fat 8g	<b>28%</b>	<b>Total Carb.</b> 1g	<b>0%</b>
Trans Fat 0g		Dietary Fiber 0g	<b>0%</b>
<b>Cholest.</b> 140mg	<b>46%</b>	Sugars 0g	
		<b>Protein</b> 46g	
Vitamin A 8% • Vitamin C 4% • Calcium 30% • Iron 0%			

### SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

- KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
- KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
- COOK THOROUGHLY.
- KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

### COOKING INSTRUCTIONS

Preheat oven to 350°F. Remove product from plastic tray and place in an ovenable container. Bake for approximately 40 minutes covered. Uncover and bake for 5 minutes. Cook until internal temperature reaches 165°F.